

Reforms are too often dependent upon force, and when this initiated they are never stable.—Henry Clevs.

Honolulu Star-Bulletin

HONOLULU STAR-BULLETIN, SATURDAY, MAY 27, 1916.

Ye may trace my steps o'er the wakening earth,
By the winds which tell of the violet's birth.—
F. D. Hemans.

SEVENTEEN

Two Honolulu Mothers Are Prize-Winners In "Practical Hints" Contest of Baby Week

Keen Interest Displayed in Star-Bulletin's Competition for the Best Suggestions of Care of Children—Judges Pick Papers With Simple Recommendations—Articles to Be Published for Information of Parents

Two well-written, helpful and eminently practical papers on the care of children have won first and second prizes in the Star-Bulletin's Baby Week contest for Honolulu mothers.

The winners are:

First prize, \$15—Mrs. Julius Nunes, 446 Kuakini street. Subject, "The Care of the Baby."
Second prize, \$5—Mrs. W. H. Thoenes, 2511 Puunui avenue. Subject, "The Care of the Child from Birth Until School Age."

The Star-Bulletin offered these two prizes for articles which would give in concise form some direct suggestions to mothers, and specified that the contestants must be Honolulu mothers.

Mrs. Nunes is the mother of two children. She was awaiting the arrival of the second at the very time she was preparing her article for the Star-Bulletin, and it was born a few days ago.

Mrs. Thoenes is the mother of nine. Both are very successful in their care of children.

The committee of judges who considered the various papers was composed of Miss Janet M. Dewar, superintendent of Kauikoolani Children's Hospital; Mrs. Philip L. Weaver, practical mother and active child welfare worker; and Miss Emily V. Warinner, journalist.

The contest has been an emphatic success, not only in the wide interest and number of carefully-handled responses it brought forth, but in the material thus gained for publication which will be of much value to the mothers. The committee of judges was named by the Baby Week management, and for its painstaking work the Star-Bulletin wishes to extend sincere thanks.

In making its decision, the committee sends the Star-Bulletin the following explanation:

"The papers for the most part were sane and instructive, and their publication in succeeding numbers of the Star-Bulletin will furnish an admirable aftermath to Honolulu's recently inaugurated Baby Week."

"In awarding the prizes the judges considered not only the practicability of suggestions and their intelligent grouping, but those obviously gained from actual experience. Several very admirable papers were barred because of their too close resemblance to lectures and medical books. Mrs. Nunes' paper was given first place because of the faithfulness of detail, and the fact that the hints it contained were those especially for the very young baby, precluding the rules of discipline somewhat over elaborated in others."

"The wisdom of just two statements in Mrs. Thoenes' paper were questioned by the judges. These were the discounting of the doctor's fitness to judge of a child's condition and the unsatisfactory features in connection with breast feeding. It is possible to know when sufficient nourishment has been gained because when the child has had enough it is contented and sleeps. Mrs. Thoenes' point was that the bottle is the only satisfactory medium of measurement."

The Star-Bulletin will publish a number of the papers submitted in this contest. That by Mrs. Nunes is published today, to be followed by Mrs. Thoenes'. Others will succeed these.

THE CARE OF A BABY.

By Mrs. Julius Nunes, 446 Kuakini Street.

The care of a child is by no means an easy matter, nor is it anything to be neglected or trifled with. Very few mothers are prepared with the necessary knowledge to rear the little one when it arrives.

When a child is born it should receive its first bath, which, according to taste, either consists of a thorough cleansing with sweet oil (with the use of abundant absorbent cotton) or warm water and a sponge. Some mothers use first the oil and then the warm water. Castile soap is the best for baby's skin; or Ivory soap may be used, as it is next in purity. Next follows the very careful drying with a soft towel. A piece of old linen serves the purpose. The parts then are carefully powdered with a good borated talcum, and not anything that is highly perfumed, as this injures the delicate skin of the baby.

Baby is now ready for its clothes. The navel should be attended to by an experienced person who will either use the "old fashioned" burnt rag or sweet oil as a dressing. The navel is first drawn through a hole in a square piece of soft cloth (about four inches square) and then turned toward the child's chest. Over this goes the dressing and a warm bandage, which should be comfortably pinned or sewed around baby's belly.

The little undershirt comes next and a warm one should be used at first, and discarded for a cooler one as soon as the weather permits. Then the diaper should be pinned on comfortably and changed as soon as it becomes soiled to prevent chafing.

So many infants suffer from this on account of mothers not wanting to disturb baby when he is asleep, consequently the little one will lie one or two hours in a wet diaper. Besides becoming chafed many catch a cold in this way. A preventive is better than a cure! Should chafing occur, however, use powder freely, first sponging the parts with warm water and drying carefully and apply the fresh diaper. If the chafing is very bad pure vasoline used freely will relieve and readily cure it.

A diaper should never be hung out to dry and then used the second time without first being properly laundered. Give the diapers a daily scalding and then hang them out in the good, hot sun and they will always remain nice and clean.

Next to the undershirt baby should wear (at first) a little flannel petticoat over which a cool slip should be worn. Then after the third month the fewer the clothes the better, in this climate.

Feeding seems to me the most important part of a child's bringing up. This should be so regular that the child will get up for his meals at exactly the right time without being disturbed. For the first three days the child lives on practically nothing but the watery fluid obtained from the mother's breast. Do not mistake

baby's crying as a sign that it is hungry at this time. Nature would have provided food for it sooner if it were necessary; so give baby nothing but an occasional sip of warm water. This, of course, should be sterilized.

After the third day, when there is plenty of milk, baby should be nursed every two hours; first at one breast and then at the other (at the same feeding), which not only teaches the child to become accustomed to lying on either side, but is also good for the mother. This feeding should commence at 6 a. m., and continue every two hours thereafter until the 6 p. m. feeding, when baby should be put to bed and not disturbed again until 10 p. m., its last feeding, after which it should not be disturbed before morning.

After the first month the baby should not be nursed as frequently, but every two and a half or three hours until the sixth month, after which it should be nursed every three and a half or four hours.

Every mother should nurse her baby, for we are fortunate that most of our Hawaii mothers are able to do this. If, however, on account of illness or scanty milk a mother finds herself unable to do so, she should consult her physician as to the next best substitute. He will either recommend properly diluted and sterilized cow's milk or a good prepared food such as Horlick's malted milk or Mellin's food. The choice of these usually depends upon the child's stomach, whether it agrees with it or not.

If the child is bottle-fed great care should be given the proper cleansing of bottles and nipples. These should be sterilized once daily. Fill bottle with cold water and place it and nipples in a saucepan half full of cold water. Set saucepan on the stove and heat slowly until the water boils and allow boiling to go on for five or ten minutes, after which bottle and nipples will be free from germs and ready for use. Care should be taken in cooling off bottles as so many are cracked in the process of cooling. Some mothers leave the sterilization until the last minute and then take bottle out of boiling water and cool under faucet. Therefore cool slowly by having bottles sterilized long before they are needed.

Baby's milk should always be fed warm, but not reheated after once being left over.

Baby should sleep by himself in a little crib, no matter how crudely made, perfect cleanliness playing the all important part and not the looks of the crib. A fine mesh net should be used to keep off mosquitoes and flies, which, besides being such a nuisance to the little one, carry disease germs. If any pillow at all is used it should be rather flat, to prevent round shoulders. Baby sleeps better without a pillow than upon an unusually high one.

Most bedrooms have two windows



Mrs. Julius Nunes, winner of the first prize. A baby boy was born to Mr. and Mrs. Nunes on May 13, and it was while she was awaiting the arrival of this, her second, child that she wrote the paper on infant care which won first prize award by the committee of judges.

and these should be kept open from the top and bottom, the space above and below depending upon the kind of day.

Do not let baby sleep in a draft or an unexpected cold will follow.

During the day let the child sleep and remain out of doors as much as the weather will permit. It needs all the fresh air and sunshine it can get.

Baby's bowels should move regularly, usually after the first feeding, and as soon as baby can sit up he should be taught to use the chamber. If the child happens to become constipated do not neglect to attend to its bowels immediately or some trouble is sure to follow.

If my baby's bowels do not move before 10 a. m., I give him a teaspoonful of castor oil or Castoria. This, however, does not happen often, as baby gets orange juice at 9 a. m., and this seems to be all the necessary medicine.

If baby gets a cold, attack it immediately by giving him a laxative. This, of course, should be recommended by your physician. Rub the little one's chest with camphorated oil before putting him to bed. Keep him warm at night and until his cold gets better it is best to leave him in the same room during the day to guard against differences in temperature, which only makes the cold more stubborn.

After baby has been made comfortable and he is not anywhere near feeding time give him a drink of water (again, sterilized water). If baby is very young and unable to turn himself, change his position.

In a few words: Take good care of baby's stomach and that will take care of the rest. Regular time for bathing, feeding, sleeping, outing, etc., and absolute cleanliness all tend to make a good, strong, happy baby.

JURISDICTION OF NINTH CIRCUIT

APPELLATE COURT HAS BIG FIELD

Covers Larger Territory Than Any Other Tribunal; Judge W. W. Morrow is Member

The United States circuit court of appeals, of which court Judge W. W. Morrow, now in Honolulu, is a member, has the most extensive jurisdiction of any court in the United States. It includes the federal appellate jurisdiction for the states of California, Oregon, Washington, Nevada, Montana, Idaho and Arizona, the territories of Hawaii and Alaska, and the whole appellate jurisdiction over the four American courts established by treaty in the principal cities of China, namely: at Tientsin, Shanghai, Hankow and Canton.

The peculiar feature of its Alaska jurisdiction is the fact that it is the appellate or supreme court in all cases other than those involving constitutional questions where the amount in controversy exceeds \$500.

In addition to its federal appellate jurisdiction for Hawaii, the circuit court of appeals is the appellate court in all cases other than those involving constitutional questions on appeal from the supreme court of Hawaii where the amount involved exceeds \$500. This latter jurisdiction was recently transferred by Congress from the supreme court of the United States to the circuit court of appeals.

The judges of the circuit court of appeals are authorized by law to sit in the district courts and try cases—an authority that is frequently exercised in important cases and where

the judges of the district courts are disqualified, as Judge Morrow is now exercising that authority in the district court for Hawaii.

The judges of the circuit court of appeals for the ninth circuit are Judges William B. Gilbert, of Portland, Ore., presiding judge; Erskine M. Ross, of Los Angeles; William W. Morrow, of San Francisco, and William H. Hunt, of Helena, Mont.

The circuit court of appeals meets in San Francisco, Portland, Oregon, and Seattle, Washington.

From an advertising and editorial standpoint, the Star-Bulletin is putting forth big, worth-while efforts to make Kamehameha Day celebration a business getter for you, Mr. Merchant.

—THE AD MAN.

JIM HILL GETTING BETTER

(Associated Press via Federal Wireless)
ST. PAUL, Minn., May 27.—James J. Hill, the railroad magnate and empire-builder, though ill, is better than he was reported to be yesterday.

An invention which may do away with conning towers on submarines has been patented by Simon Lake.

NOTABLE PROGRAM FOR PUNAHOU'S SEVENTY-FIFTH ANNIVERSARY CELEBRATION; PAGEANT DAY CHANGED

Committees are Getting Final Plans Into Shape for Three-Day Exercises Centering Around Historic Educational Institution

PUNAHOU SEVENTY-FIFTH ANNIVERSARY—PROGRAM OF ANNIVERSARY WEEK

TUESDAY, JUNE 20.—Anniversary Day. Evening, 8 o'clock, Anniversary Exercises.

WEDNESDAY, JUNE 21.—Pageant Day. Afternoon, 3 o'clock, Punahou Pageant.

THURSDAY, JUNE 22.—Punahou Day.

Morning, 10-12—Reception by President and Trustees; Historic Punahou Games.

Noon, 12—Basket Lunch.

Afternoon, 12:30—Meeting of all Punahou with reports, talks and jollification.

Afternoon, 2 o'clock—Gymnastics and Esthetic Dances by Academy Girls; Military Drill by Cadet Corps; Baseball.

[Special Star-Bulletin Correspondence] OAHU COLLEGE, May 27.—It will be noted that there have been several important changes in the program, as heretofore announced. The pageant is to be on Wednesday, June 21, instead of Thursday. Punahou Day is to be Thursday, June 22, instead of Wednesday; there is to be no links night, alumni night or parents' meeting as heretofore stated, but the alumni night and links night are combined into one celebration to be held Thursday noon, after lunch. This new schedule will be a great improvement, securing convenience of all.

The anniversary celebration will be inaugurated by a most important program Tuesday evening, June 20. At this commemorative program Judge Sanford B. Dole will preside. William R. Castle will speak of Punahou's historic origin; Dr. Doremus Scudder will represent the American Board of Foreign Missions, under whose auspices the missionaries were sent to Hawaii. Dr. Scudder will deliver the message of the Board of Foreign Missions. Two able addresses will be presented by Prof. Charles M. Gayley of University of California and by Prof. William Lyon Phelps of Yale University. Walter F. Dillingham will have charge of the music of the evening.

The second day of the celebration, Wednesday, June 21, will be the day of the storied pageant. The pageant will be presented on Alexander field at 3 p. m.

The Pageant Book was written by Miss Ethel M. Damon and illustrated by Miss Jessie C. Shaw, Miss May Fraser and James A. Wilder. It is a most artistic, faithful and instructive work. It reviews Oahu College from the legendary gods Kane and Kaloa up to the present year.

The general pageant committee is

COMMITTEE CHAIRMAN IN GENERAL CHARGE



Albert F. Judd

Mary P. Winn, chairman; Mrs. Isaac M. Cox, Beatrice Castle and Ethel M. Damon. The elaborate preparations for staging the pageant are in charge of L. Young Corseth. No pains are being spared to carry out the ideas of Mr. Corseth and the committee for accomplishing splendid pageant effects.

The Pageant Book abounds in excellent music; many of the old time songs used by the school fathers, the songs composed and sung by all periods of the past, as well as a large number of meritorious songs just written for the diamond jubilee by Mary Dillingham Frear, Margaret E. Clarke, Vernon E. Tenney, Philip H. Dodge and Mrs. Isaac M. Cox.

Already there have been many rehearsals of the episodes and music. The first four of these episodes—Hawaiian episodes—are in charge of Mrs. A. P. Taylor.

A committee of which Mrs. Wade Warren Thayer is chairman has charge of costumes. These costumes are a big feature of the pageant, and they are carefully selected to represent the dress of the various periods portrayed in the Pageant Book.

The Pageant Book will be on sale prior to the day of the pageant. To fully appreciate the historical value of the action one should read the book. Tickets for the pageant will cost fifty cents.

The third and last day of the cele-

Girls and Boys to Show Student Activities, While Elders Will Illustrate the Old-Time Games; Military Drill to Be Given

bration, Thursday, June 22, is the day for the grand reunion of true Punahouites. The campus will be the center, all during the day, of the alumni, parents and friends of Punahou.

The day's program—in charge of W. R. Castle—is very full and unusually interesting. First is a reception by President and Mrs. Griffiths and the trustees and their wives, assisted by Professor Wm. Lyon Phelps and Mrs. Phelps and Professor Charles M. Gayley. Next, the old grads will carry on a most exciting contest in aipuni, wickets, pee-wee and "nigger-baby." Judge Whitney, of the last named sport. Scores of the best athletes of the islands of this day or any day previous will take part in these games and in the celebrated "ring tournament." In this tournament such men as Albert Judd, Walter Dillingham, Harold Castle and others will ride world famous polo ponies in this exciting sport, which is under the direction of George S. Waterhouse.

Another feature of this great day will be the baseball and basketball games between the old Punahou daughters and their fathers. If possible the alumni will form a line to meet the present varsity.

Fasket Luncheon. At noon all will mingle at a basket lunch on the campus. For those unable to bring their baskets luncheon will be provided, so that all may mingle in the good fellowship of the luncheon hour.

Immediately after lunch all Punahouites will meet for speeches, reminiscences, plans, projects and general fellowship. This is the most important of the celebration incidents and every one should arrange his affairs so as to be present at this time. Matters of utmost significance to the school will be presented then.

Following this meeting a review of Punahou's modern physical activities will conclude the anniversary celebration. Girls' gymnastics under the direction of Mrs. Agnes P. Driver, boys' athletics and military drill will be presented. The two academy companies will compete for drilling prizes, etc., there will also be a review of the battalions.

In the activities of these three days—June 20-22, thousands of people will take part. Old grads will be back, the present school will work to a man, parents, faculty and friends—all will do everything possible to make Punahou's seventy-fifth birthday party a grand success.

The committee for the corporation in charge of the entire celebration is: Albert F. Judd, chairman; Frank C. Atherton, Walter F. Dillingham, W. H. E. Abbott, W. R. Castle, W. L. Whitney and A. F. Griffiths.

BOARD WORKERS MAKE PROFITABLE TOUR OF HAWAII; SEE ERUPTIONS

AT M. E. CHURCH

Religious Work on Big Island Reported to Be in Better Shape Than Ever

Two representatives of the Hawaiian Board have recently completed a tour of the district of Kona, island of Hawaii. Revs. Akaka Akana, president of the Christian Endeavor societies of the territory, and Henry P. Judd, acting secretary of the board, left Honolulu for Kailua, West Hawaii, on Tuesday, May 16, on the Kilauea. Arriving at Kailua, West Hawaii, they made that seaport their headquarters for the next two days, spending the time in calling on the various people of Kailua and nearby communities. A well attended meeting was held in the old Mokuaukaia church, opposite the palace grounds in Kailua, and addresses were made by the two clergymen. Judge Kauikou presided at the meeting. The following day the Kekaha church parish was visited, calls being made in Kohala and Kalahele, and a meeting held in the Kalahele chapel that evening. Cowboys from the Huehue ranch, coffee growers and small farmers were present.

Friday morning calls were made in Laaloa and Kahaolu and a service held in the Helani chapel. The work of the Sunday school of that district is under the leadership of Henry I. Kawewehi, member of the legislature for the past eight years. Friday afternoon calls were made in the Kealekua region, also in Kapaeha, and a meeting held in the Lanikaia church hall that evening. This hall is conveniently located near the church building and has just been erected to meet the social needs of the community.

Saturday morning was occupied in visiting the people of Keel-uka in company with Senator David K. Baker, a licensed preacher in the Kealekua church of Napoosoo. An 11 o'clock service was held that morning in the Keel-uka chapel, and after that a visit was made to Keala and Hookeau-uka. The home of Mr. and Mrs. Thomas Haee was visited and the guests en-

tertained at lunch. Mr. Haee has been a teacher in South Kona for 25 years, having been two years in the Hookeau school, 14 years in the Alae school and nine years in the Hookeau school. While in the teacher's home several earthquakes were noticed. The previous morning the smoke had appeared on the summit of Mauna Loa and several people of Kona were expecting a lava flow to appear on the mountain side, an expectation which was fulfilled the very next night. Keel was visited and Messrs. Judd and Akana were entertained at dinner at the home of Senator and Mrs. Baker, after which a service was held in the parsonage of the Napoosoo church.

Sunday morning, May 21, a hoike or Sunday school rally was held in the Lanikaia church at Kapaeha, there being present representatives from the Sunday schools of Kailua, Kekaha, Helani, Lanikaia and Central Kona churches. The music was of a high order and showed evidences of careful preparation. Mr. Matthew Hoonaikane, principal of the Hookeau school, has been the leader of singing for all these North Kona schools and has done admirable work in this respect.

After the hoike, Mr. Haee as superintendent of all the schools of North and South Kona and chairman of the day, called on several of the company to make short addresses. To his invitation responses were made by Messrs. S. Lazaro, deputy sheriff of South Kona; H. P. Judd and A. Akana from Honolulu; Rev. A. S. Baker, agent of the board for Kona, Hon. J. L. Kauikou, district magistrate of North Kona; and Hon. Henry I. Kawewehi. In the afternoon there was a meeting of the company of singers who are planning to represent Kona at the song contest to be held in connection with the annual meeting in Hilo, June 29 to July 6.

Mr. Judd was a guest of Mrs. E. C. Greenwell on Sunday night and was able to get a glimpse of the wonderful glare caused by the lava flow that started down Mauna Loa during the earlier part of the night. Much excitement was occasioned in Kona on

The veterans of two wars unite for a memorial day service tomorrow evening, just before the annual memorial day. The rapidly thinning ranks of the Grand Army of the Republic will be supplemented by the members of the Spanish War Veterans.

The service will be held at the First Methodist church at 7:30 o'clock. The minister of the church, Rev. L. L. Loofbourrow, will preach. The subject of the sermon will be, "Lincoln, the Monumental Character of the Dark Days of the Civil War."

The music for the evening will be by the girls' vested choir, supplemented by the young people's chorus of the church, with Mrs. Charles L. Hall as soloist. Miss Harrison, who has charge of the music, will be at the organ.

The boys' clubs of the intermediate department of the Y. M. C. A. will also attend in a body as an honorary guard of honor for the old soldiers.

Monday by the flows headed for South Kona and towards the Kailua ranch. Kailua was the scene of much life last Monday morning when the Kilauea departed for Honolulu. Mr. Akana returned directly to the metropolis, but Mr. Judd got off at Labaha and spent two days on West Maui, the first day visiting the Honokohau, Kaanapali and Wailea churches with Messrs. R. B. Dodge, D. W. K. White and Joseph Welch, members of a special committee representing the Maui Evangelical Association, and also in company with Revs. E. E. Pleasant of the Kailua Union church and W. B. Coale, missionary of the Hawaiian board for West Maui.

CHIROPRACTIC

Consultation free.

F. C. MIGHTON, D. C.

304 Boston Bldg. Over Henry May's.